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STAR OF MYSORE

OUR EVENING DAILY

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6 pm to 5 am night curfew daily in Mysuru from July 3

- Not wearing a mask in city limits to attract Rs. 200 fine
- Minister Somashekar holds meeting with District authorities

Mysuru, July 1 (MTY&BCT)- The Mysuru District Administration has revised the night curfew hours in the wake of a spike in the number of COVID-19 positive cases. In city, from Friday, July 3, there will be no public movement from 6 pm daily. All shops and commercial establishments will have to wind up business by 6 pm.

The administration has revised the timings of the night curfew in consultation with Mysuru District Minister S.T. Somashekar. The Minister held a meeting with District authorities at his Office in the new DC Office Complex at Siddarthanagar this morning. The night curfew is a technique used by the Government to ensure people do not venture out from their houses post-working hours.

According to the new order, the night curfew will remain from 6 pm to 5 am, instead of the earlier 8 pm to 5 am timing. Only essential services like milk booths, medical stores and hospitals, petrol bunks and clinics will be allowed to open after 6 pm, he said. Even street food will have to close by 6 pm along with markets, malls and liquor shops.

Though media was not allowed inside the meeting, the District Minister briefed reporters after the meeting. "It is for your safety that rules have been tightened and I urge you to cooperate with the District Administration," Somashekar appealed to Mysureans.

As monsoon is advancing, cases of Influenza-like illness (ILI) and Severe Acute Respiratory Illness (SARI) are bound to increase. "Elders, who are vulnerable to chronic cold and fever, must remain inside their homes and they must avoid walking in cold wind," Somashekar added.

Masks mandatory: Those who do not wear masks and ignore social distancing norms will be fined Rs. 200 in Mysuru City Corporation limits and Rs. 100 in rural parts. "We have appealed to people to mandatorily wear masks but still people do not obey orders. Starting Friday, July 3, Policemen and MCC authorities and staff will be empowered to levy a fine of Rs. 200. Respective municipalities and Police will levy the fine outside the MCC limits," he said.

Addressing newsmen, Mysuru Deputy Commissioner Abhiram G. Sankar said that the District administration is capable and equipped to handle the spike in COVID-19 cases. "We have increased testing and till yesterday, 20,375 persons have been tested. New hospitals and COVID care facilities have been identified and are being equipped with beds and necessary modifications," he added.

MLAs S.A. Ramdas and L. Nagendra, MP Pratap Simha, City Police Commissioner Dr. Chandragupta, Superintendent of Police C.B. Ryshyanth, MCC Commissioner Gurudatta Hegde, ZP CEO Prashanth Kumar Mishra and other officers were present at the meeting.

ANNOUNCEMENT

STAR OF MYSORE

will resume printing the newspaper from Thursday, 2nd July 2020

Due to Coronavirus pandemic and the lockdown notified by the Government, we had temporarily stopped the print edition of *Star of Mysore*.

Now that the Government has lifted the lockdown, we have decided to begin the print edition of *Star of Mysore* newspaper with effect from Thursday, 2nd July 2020.

We request our Subscribers, Advertisers, Agents and Well-wishers to co-operate and support *Star of Mysore* like in the past 43 years and help us to serve you better.

Arrangements are in place to deliver *Star of Mysore* at your home like before. However, there is also a Helpline: T. S. Gopinath, Circulation Manager, **Mobile: 98452 96447** and Office landline Phone: **2496520 / 21 / 23.**

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Mysuru reports 52 COVID-19 positive cases in single day

22 Policemen under facility quarantine have contracted the disease

Mysuru, July 1 (MTY&BCT)- Mysuru has scored a half-century in COVID cases today (July 1) by reporting 52 positive cases. With this, the cumulative positive cases in the Heritage City has touched 322 as yesterday's total positive count stood at 270.

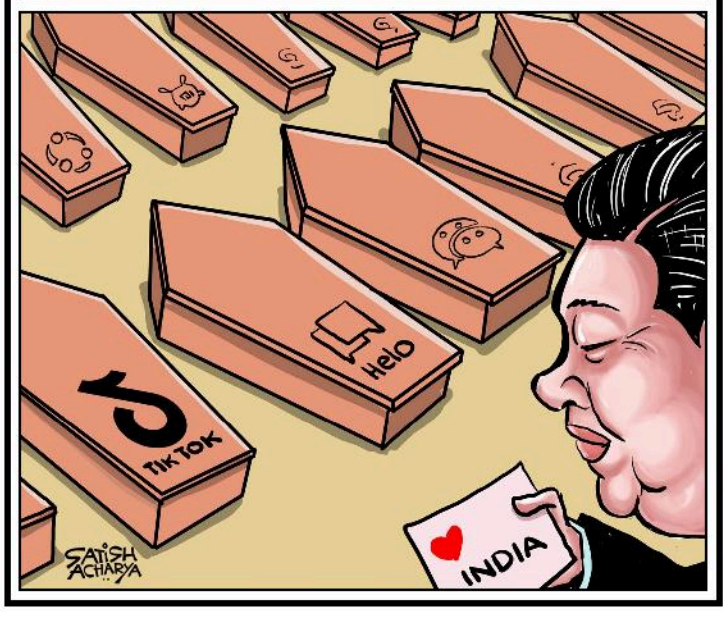
Till yesterday, 178 persons have been discharged and the city has reported three deaths so far. The latest positive cases have to be, however, confirmed by Deputy Commissioner Abhiram G. Sankar in his regular media bulletin in the evening.

This is the first time so many COVID positive cases have been reported from Mysuru. So far, the maximum cases that have been reported stood at a maximum 26. The maximum of today's cases are asymptomatic and it includes a two-year-old child. A KAS Officer's daughter too has been infected. 22 Policemen, who had been under a facility quarantine in Mysuru rural limits, have contracted the disease.

Today's positive cases have been reported from KEB Quarters Kesare at N.R. Mohalla, two cases from Jyothinagar in Periyapatna, six cases from Thapovana Apartments, Vishweshwaranagar, one case each have been reported from Siddapaji Temple, First Main Yadavagiri, Christian Colony Second Stage, Rajani Nagar, First Cross Kuvempunagar, MMC Hostel for undergraduate men and Rajiv Nagar Mysuru.

(See POSITIVE on page 3)

STAR PUNCH By Satish Acharya



STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Wednesday 1st July 2020

Complete lockdown on Sundays

Marriages to be allowed

restricting number of guests to 50

Bengaluru, July 1- There will be a complete lockdown on the coming Sundays in Karnataka, starting from July 5 to August 2. However, essential activities and marriages already fixed on these days shall be permitted, a Government Order said. However, the number of guests should not exceed 50 in marriage-related gatherings.

The order issued by Chief Secretary T.M. Vijay Bhaskar by and large implements the Unlock-2 guidelines issued by the Centre that will be in force until July 31.

With effect from July 10, all Government Offices, Boards and Corporations, except those operating and maintaining essential services, shall remain closed on all Saturdays till the second week of August, the order said, adding that this in addition to the existing holidays on 2nd and 4th Saturdays.

Schools, colleges, educational and coaching institutions will continue to remain closed till July 31 as prescribed by the Centre. However, training institutions of the Central and State Governments will be allowed to function from July 15, for which Standard Operating Procedure (SOP) will be issued by the Department of Personnel & Training (DOPT) and Department of Personnel and Administrative Reforms, it said.

International air travel of passengers, Metro Rail, cinema halls, gymnasiums, swimming pools, entertainment parks, theatres, bars, auditoriums, assembly halls and similar places, social, political, sports, entertainment, academic, cultural, religious functions and other large congregations continue to remain prohibited, it added.

The lockdown would continue to remain in force in the Containment Zones, where only essential activities will be allowed.

EDITOR'S BOTTOMLINE

In the time of COVID, the funerals are different. The atmosphere is grim and somewhat surreal with the few present wearing masks, responding to prayers in an inaudible manner and maintaining the mandatory social distancing that translates into emotional distancing! No warm handshakes, tight hugs or kisses. Everyone maintains a healthy distance while offering their condolences. Of course, a professional videographer or cameraman is hired to film the funeral or live-stream it; a close relative or friend could also be filming the funeral via his or her smart phone. While a video may provide some comfort to the close family members who could not attend the funeral, it is not the same as being physically present where the bereaved receive a lot of support and comfort that is such a crucial part of the grieving process. Now, many are left to grieve alone. The ordeal does not end with the burial or cremation. With most public offices working fewer hours and with limited staff, post-death tasks relating to death certificates, bank settlements, limited condolence visitations and absence of memorial services can amplify the already stressed family members' feelings. Death, as we all know, is a sad happening, tough to bear even in normal circumstances. One can only imagine the severity of grief and stress of the bereaved at the loss of a loved one amid the Coronavirus pandemic.

— Stanley Carvalho in Deccan Herald.

NEWS SPARKLERS

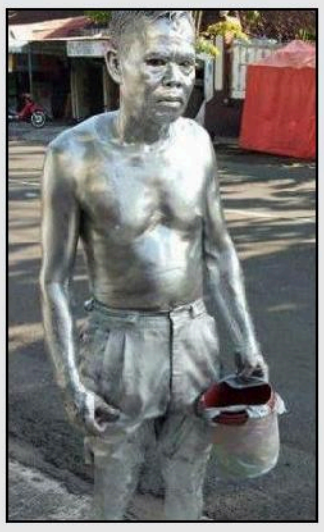
Rare "Rainbow Cloud" photos go viral

Tokyo: A rare phenomenon commonly described as a 'rainbow cloud' was recently spotted above Tokyo and pictures of it went viral on social media.

On June 26, reports of an iridescent cloud visible above Tokyo started being shared on Twitter and soon, photos of the intriguing phenomenon went viral on popular social media platform as well.

Commonly known as a "fire rainbow" because it often looks like a multi-coloured flame in the sky, because of the shape of the fragmentary cirrus clouds it form in, this sky attraction is actually a circum-horizontal arc. Interestingly, it is a rather common phenomenon in some parts of the world, like the United States, where it can be seen several times each summer in any one place, and very rare in others, like in northern Europe.

Alms seeking 'Silver Men' of Indonesia



Jakarta: Manusia Silver or 'Silver Men' are special type of alms seekers that has become a common sight on the streets of several Indonesian cities.

Beggars have been around for as long as anyone can remember and Indonesia is no exception, but the South-East Asian country has recently seen the rise of a new type of beggar, the so-called Silver Men. Inspired by the street performers who used metallic paint to transform themselves into living statues and wow passers-by with their doll-like movements, the Silver Men or Manusia Silver, simply adapted the look of these performers to their own skill – begging so that they could be noticed.

Snake Shyam rescues rare Ornate Flying Snake

With this, he has rescued 35,943 snakes so far

Mysuru, July 1 (SBD&KS)- City's well-known snake rescuer and wildlife conservationist Snake Shyam along with his son Surya Keerthi, have rescued a rare Ornate Flying Snake on Ramanuja Road 4th Cross in city on Tuesday. With this, Shyam has rescued a total of 35,943 snakes so far.

Yesterday at about 4 pm, the snake crossed the busy Ramanuja Road near JSS Physiotherapy College and entered a discarded plastic pipe on the footpath which was noticed by one Naveen of Generic Medicals on the road, who in turn informed Snake Shyam over the phone. Shyam, who rushed to the spot along with his son, rescued the snake from the pipe.

Speaking to 'Star of Mysore,' Shyam said that the Ornate Flying Snake is found mainly in the Western Ghats and is a non-venomous snake which preys on small lizards, small birds etc. He further said that the snake may have come to the city in a vehicle when it accidentally ventured inside it and the driver of the vehicle unknowingly may have brought it to city.

After the vehicle was parked near Agrahara here, the snake may have come out of the vehicle. He said that the Ornate Flying Snake moves very fast on trees and can glide from one tree to another by flattening its body.

Shyam further said that he would inform the Forest Department officials about the snake and added that he would release it at the place instructed by the Forest officials.

It may be recalled that on June 5, the snake was spotted on the grills of the front door of one Venkataramu on Ramanuja Road 7th Cross, but had gone out of sight by the time a snake rescuer arrived and was not found. The same snake was spotted on the tree about two days ago, according to the residents.

Obituary

Rtn. M. Srikanth

Mysuru, July 1- Rtn. M. Srikanth (78), Founder of Shanthala Vidyapeetha at Siddarthanagar and a resident of the same locality passed away yesterday (June 30) in city.

He leaves behind his wife, two daughters, one son and a host of relatives and friends. Last rites were performed at Veerashaiva Burial Grounds today.

Syed Abdul Salam

Syed Abdul Salam (79), retired Assistant Civil Engineer and a resident of Shanthinagar, passed away yesterday at his son's residence in Bengaluru.

He leaves behind two sons, one daughter and a host of relatives and friends. Funeral was held at the Muslim Burial Grounds at Shanthinagar in Bengaluru today

Kempamma

Kempamma (80), a resident of K.G. Koppal, passed away yesterday in city.

She leaves behind two sons and a host of relatives and friends.

Last rites were performed at K.G. Koppal Burial Grounds this afternoon, according to family sources.

LAUGHTER THE BEST MEDICINE

Jordan: ***My teacher says I have to write more clearly.***

Mom: ***That's a good idea, Jordan.***

Jordan: ***No, it's not. Then she'll know I can't spell.***

Today's Currency Rate

1 US Dollar	= Rs. 75.50
1 UK Pound	= Rs. 93.72
1 UAE Dirham	= Rs. 20.56
1 Euro	= Rs. 84.74

VOICE OF THE READER

No honking at signals, please!

Sir,

With the increase in number of traffic rules violators (it is observed that a violator by default violates multiple traffic rules) we have some motorists who derive pleasure in honking continuously at the traffic signals.

When the signal turns green, due to some reasons the vehicles close to the signal would not have moved forward. These impatient motorists waiting much behind and farther away from the traffic signal light, lacking civic sense, will be honking continuously which is a nuisance for one and all. These motorists do not have the common sense to understand that when the signal turn greens, every motorists wish to move forward and their honking only causes irritation to other motorists.

— K. Chandrahas
Mysuru 29.6.2020

Four persons go missing from Udayagiri Police limits

Mysuru, July 1- In separate incidents, four persons including two women have gone missing from Udayagiri Police limits in city.

In the first incident, 51-year-old Sabira Banu, a resident of A.J. Block in N.R. Mohalla, who left her house on Jan. 28 has since gone missing. She is 4.6ft. tall, oily red complexioned, normal built and round faced.

In the second incident, 32-year-old Aslam Pasha of Shanthinagar, who left his house on Mar. 23 is reported missing. He is 5ft. tall, oval faced, oily red complexioned and normal built.

In the third incident, 32-year-old Sameera Banu, daughter of Mazar Ali Khan and a resident of Rajivnagar 1st Stage, who left her house on June 18, has since gone missing. She is 5.4ft. tall, oval faced, wheatish complexioned and normal built.

In the fourth incident, 52-year-old Mustaq Ahmed, a resident of Rajivnagar 1st Stage, who left his house on May 7 has is missing. He is 6ft. tall, oval faced, oily red complexioned and normal built.

Those having any information about the missing persons

Sabira Banu *Sameera Banu* *Aslam Pasha* *Mustaq Ahmed*

may contact Udayagiri Police Station on Ph: 0821-2418309 or call Police Control Room on Ph: 0821-2418339.

Deadline extended for renewal of liquor licence

Mysuru, July 1 (RK&DM)- The Excise Department has extended the deadline for renewal of liquor licence till July 7.

The Excise Commissioner on Tuesday said that although an earlier date was set for renewal of liquor licences, only 26 percent of the licence holders were found to have renewed their licence and as such, the deadline has been extended to facilitate all others to renew their licence.

The renewal can also be done online by EOLRS mode till July 7, according to a press release.

Medical, Para-medical staff of Private Hospitals to be covered under COVID Health Insurance

Bengaluru, July 1 (KMS&DM)- Days after the Government asked private hospitals to reserve 50 percent of beds available with them for COVID-19 patients, Chief Minister B.S. Yediyurappa on Tuesday said that all Medical and Para-medical staff of private hospitals deployed for COVID patient treatment will be covered under the Government Health Scheme.

Speaking to presspersons after holding a meeting with heads of Private Medical Colleges here yesterday, Yediyurappa said that all medical and para-medical personnel of Private Medical Colleges involved in COVID-19 treatment will get an Insurance coverage of Rs. 50 lakh.

Pointing out that Medical Colleges in Bengaluru have agreed to collectively reserve 4,500 beds for COVID patients, he said that a Committee will be formed for Communication and Co-ordination between the State Government and Private Medical Colleges in this regard.

52 COVID positive cases

(Continued from page 1)

Three cases have been reported from Hura in Nanjangud, one case each from Dalalakoppal in Hunsur, Saligrama in K.R. Nagar and Vasu Layout, Ramakrishnanagar, Mysuru. Five cases have been reported from Chamalapurahundi in Nanjangud, one person from Devarasanahalli and Devinakeri villages and one person has contracted the disease at Cauvery Complex, Basavanagudi in Hebbal. The person had a travel history of West Bengal.

National Doctor's Day-2020 today

'Lessen the mortality of COVID-19'

National Doctor's Day is celebrated on July 1 each year. This day is celebrated to thank the doctors and physicians for their dedicated service. The first National Doctor's Day was celebrated in July 1991. This day offers an opportunity to express gratitude towards doctors for round-the-clock service they offer. In India, this day marks the birth as well as the death anniversary of **Dr. Bidhan Chandra Roy**, who was one of the most renowned physicians and also the second Chief Minister of West Bengal.

Dr. B.C. Roy
1.7. 1882 - 1.7.1962

The Doctor's Day – 2020 with the theme ***'Lessen the mortality of COVID-19'*** is of special importance as it is dedicated to the innumerable doctors who are serving during this COVID-19 pandemic in primary and secondary care setups as well as dedicated COVID care hospitals. Wherever one is, it is a time that every single effort counts. This Doctor's Day, Team ***Star of Mysore*** spoke to some doctors in Mysuru to know more about them, their profession and the challenges they are facing. Now read on...

By Team Star of Mysore

Lack of trust from people you look after is daunting

Col. Dr. Dayanand, Director, JSS Hospital

What made you to choose this profession?

Col. Dr. Dayanand: While I was young, my family used to be looked after by a general practitioner, Dr. Ramappa. Whatever is the time of the day, he used to be dressed smart and his interaction with us was pleasant. This made a strong impression and motivated me.

Is it a dream job for you? Why this hospital or medical department interests you?

Col. Dr. Dayanand: Yes, this has been so for quite long and I have been managing the hospital for the past 20 years.

Your way of handling emergencies and the workload especially during COVID-19.

Col. Dr. Dayanand: Though I'm not handling emergency department personally, my team of doctors have trained and retrained themselves to address emergencies and also heavy workload.

Doctors are working round-the-clock as the world is gripped with Coronavirus pandemic. How are you managing personal and professional life?

Col. Dr. Dayanand: In my profession we are trained to such situations. The way I look at it is we have to do what we have to do.

There are many theories regarding Coronavirus. In such a situation, how will you convince your patient that he/she will get cured of the disease?

Col. Dr. Dayanand: At the moment we treat with whatever medicines available with us. There is unnecessary fear among people about virus infection. Out of 100 people affected 85 percent of them will have only mild illness. The rest about 10 percent will require hospitalisation. Only 5 percent of them are severely ill.

These days, people tend to trust internet more than doctors. What do you have to say to this?

Col. Dr. Dayanand: It is good to gain knowledge from whatever the source. However, one has to seek professional help for their illness and not self-medicate.

What does Doctor's Day mean to you? And what is a challenge you face as a doctor?

Col. Dr. Dayanand: It reminds me to rededicate myself to the service of people. Lack of trust from the people you look after is the main challenge.

Making patients understand about their illnesses is challenging

Dr. Anita Seshadri, MBBS, DNB, Consultant Physician, Sigma Hospital

On why she chose this profession, Dr. Anita Seshadri says, "The concept of healing one's illness made me choose this profession. It is a dream job for me while work environment and work ethics fascinates me the most." But at present, handling their workload with COVID-19 pandemic is a challenge. "We always have to be ready for emergencies. Of course, managing professional and personal life is a big challenge, but I am able to do so with the support from my family."

On Coronavirus and how it affects a person, she says, "COVID-19 affects the upper respiratory system as any other virus initially but can rapidly progress to affect lower respiratory system and other organs as well. The severity is more in elderly and people with other associated illnesses. Because this virus spreads from one person to another through droplets, we need to understand the need for social distancing and hand hygiene to prevent transmission."

On people trusting the internet more than doctors, she says, "Internet is definitely a boon but with its limitations. As there is so much of information about everything, we need to know what is relevant for us and what is not. General public may not understand everything and this creates misinformation and panic. I would suggest that people discuss with their doctor before trusting the internet on their health." "The biggest challenge we face as a doctor is making the patient understand about their illnesses and the proposed treatment especially for long-term problems like diabetes and hypertension."

An occasion to realise our responsibilities as doctors

Dr. M.S. Vishveshwara, Chief Radiation Oncologist & Medical Superintendent, Bharath Hospital & Institute of Oncology

On why he chose this profession, he says, "As a child, I used to see our family doctor coming home to treat my grandparents. So seeing them, probably I developed a liking towards this profession."

"In the medical field, only if we keep updating our knowledge we can do justice. Doctors should develop knowledge and work towards bettering their patient health," he adds.

"My father late Somasundara Aradhya was an economics professor and mother late Hemalatha was a housewife. They would have been happy to see me grow in my career. My wife B.P. Jalajakshi takes up all family responsibilities so that I can concentrate more on my profession and I am deeply indebted to her. I have a daughter, Radhika Vishveshwara, who is pursuing her MD in Geriatric at MGM Medical College in Navi Mumbai and a son, Raghav Vishveshwara, who is doing his second year Computer Science Engineering at SJCE in Mysuru." "During COVID, responsibility of medical professionals is more, especially in a cancer hospital, extra care has to be given as cancer patients are more prone to infections," he says. For him Doctor's Day is an occasion to realise responsibilities. "It motivates to safeguard the importance of the profession and sanctity," says a proud doctor who is serving people for the past 30 years.

On Coronavirus, he says, "It is important to develop our immunity system. For that, not only healthy food but being mentally strong is also equally important. Meditation and yoga will help. Hatred and jealously too reduces immunity."

Let your doctors do research rather than you being a Google doctor

Dr. P.T. Vipin Kaverappa, MD, DNB (Nephrology), Consultant Nephrologist, Sigma Hospital

Why did you choose the profession? "I was fascinated with human biology during my formative years and choosing medicine at that time seemed like a natural progression. To be honest, at that time, I never really understood what it meant to be a doctor. But when I look back I could not imagine a different career," he says.

Dr. Vipin says that being a doctor is a dream job. "Nephrology was my field of choice. Diagnosing a kidney problem at its nascent stage and treat it early before damage is a challenge. Guiding an individual with chronic kidney disease through his most vulnerable times gives immense satisfaction," he says. On strategies for handling emergencies and workload especially during COVID-19, Dr. Vipin reveals, "We have been handling emergencies throughout the lockdown phase. It's essential to take adequate precautions including at least basic personal protective measures."

"Yes, this is a testing time for us. But in Karnataka, till this point of time, there has not been a significant surge in COVID cases. However, this is going to change in coming days considering the recent country-wide spike. The greatest challenge will be to continue providing care without putting ourselves at risk. Healthy diet and regular exercise go a long way in boosting immunity and this holds true for every individual," he feels.

About the deadly nature of this virus, he says, "Our understanding of COVID 19 is still evolving and with extensive research worldwide, I am sure we will get new insights into the patho-physiology and disease management. At this juncture, people need reassurance that most will get cured without any intervention. They need to be educated regarding personal hygiene and social distancing. Unnecessary panic needs to be avoided since it can be counterproductive."

On people trusting online more than doctors, he says, "It is unfortunate to see educated class trusting unverified information. The vast information available online needs to be filtered and only the authentic, verified facts needs to be trusted. Let your doctors do the research rather than you being a Google doctor."

A Day for the Doctor

Reading Bendre and Kuvempu is a favourite activity

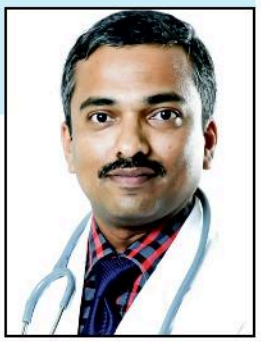
Dr. Venkataram Srinivas, Physician and Diabetologist, Clearmedi Radiant Hospital

Dr. Venkataram Srinivas has been in the profession since the last two decades. A Squadron Leader in Indian Air Force where he has worked for nine years, he started his career in JSS Hospital, Mysuru and then worked in Apollo BGS Hospital. After his higher studies in London, he now serves at Clearmedi Radiant Hospital. "During childhood, as there were no hospitals in my village, people used to suffer a lot. Hence, I wished I would become a doctor. I feel my dream has come true. My wife Dr. Rupa is also in the same profession (Radiologist) and I feel happy and lucky," he says. The doctor couple has two kids. "Emergency situations are part of our medical profession. When people with life-threatening conditions rush to hospital, we need to attend them immediately. This Coronavirus pandemic has given us more responsibility and opportunity to serve others," he says. About balancing their personal and professional life, the doctor says, "My priority is my patients. In my free time, I listen to music or read a book. Reading works of Bendre and Kuvempu is a favourite activity."

Regarding COVID-19, he says, "To save ourselves from infection, we need protection and immunity boost. Infected patients need reassurance. In particular, people suffering from diabetes, hypertension, cancer or other co-morbid conditions should take extra care."

On Doctor's Day, he has this to say: "People should have confidence and appreciate our hard work so that it would improve the bond between patients and doctors and of course, encourage us to serve more."

Reassurance is the first therapeutic step



Dr. C.B. Avinash, Cancer Specialist, Clearmedi Radiant Hospital

I also dreamt of becoming a doctor in my childhood. I never felt this profession stressful. We need to serve patients with enthusiasm because their health is important for a doctor," he says."People need not fear about COVID-19. We need to take precautions and be safe."

Dr. Avinash's wife Dr. Chaitra Katakol is also a Cancer Specialist at Bharath Cancer Hospital and they have two children. "Doctor's profession is a noble profession and patients and hospital should be our first priority. Reassurance is the first therapeutic step and key to patient education. Corona is of course a terrible, life-threatening disease. To combat this, we need a strong immunity. Elderly and children need to take special precautions since they have low immunity," he says. On people hooked to internet for medical advice, he says, "Yes, we need internet but whatever it says is not true. It might provide some information, but if you believe it 100 percent, nobody can help you."

"It is our duty to serve patients who trust us. Doctors should cultivate the habit of service as this attitude is important. If patients are treated as our relatives, the patient will gain confidence and respects his doctor. This would strengthen the relationship," he says on the bond between patients and doctors.

Everyone has a job but not all jobs are risky; ours is

Dr. Pavan V. Joshi, Medical Director and Chief Eye Surgeon, Annapoorna Eye Hospital

This 35-year-old doctor has over 17 years of experience. A resident of Lakshmipuram, Dr. Pavan V. Joshi is married to Dr. Anupama P. Joshi, Paediatrician at JSS Hospital, presently doing neonatology fellowship in Lucknow. They have a four-year-old daughter Gaurika Joshi.

Why did you choose medical field, ophthalmology in particular?

Dr. Pavan: My great grandfather, grandfather and father too were doctors. The kind of satisfaction they got after they treated a patient successfully motivated me. Since my father was an ophthalmologist, it was a natural choice for me.

We have seen people wearing masks. Not much importance is given for eyes.

Dr. Pavan: Eyes are also very important as droplets can also enter through eyes. People use more computers and mobile phones which cause dryness in eyes and they tend to rub eyes, leading to infection. However, we cannot recommend face shields/ goggles for general public as it is a little tedious and not everybody can afford it. But they are a must for healthcare professionals.

People avoid hospital with the fear of getting infected. But as a doctor you have to go to hospital every day.

Dr. Pavan: Anything may happen to us but we should make sure we do not transmit it to others. If we safeguard ourselves, it is like safeguarding everybody. Nowadays, I am not physically close to any family member. I make sure that I maintain social distance within family too.

Your say on Doctor's Day.

Dr. Pavan: I am happy that people are recognising our hard work. Many doctors have died on COVID duty as they are putting service above their lives. Everyone has a job but not all jobs are risky. Doctors have taken risk of their family and nobody is running away from their responsibilities. This should be recognised on Doctor's Day.

People demand guarantees from doctors & put us under pressure

Dr. Raghunath Aladakatti, Consultant Anaesthesiologist and Critical Care, Gopala Gowda Shanthaveri Memorial Hospital

Doctor's Day is spiritual to me. "I always wanted to make a difference in this world since childhood. I firmly believe that nothing comes closer than critical care speciality," he says.

On the job and passion, he says, "This is the only job I ever wanted to do. My passion drove me to specialise in critical care. Managing terminally ill patients and closely witnessing both ends of life has given me a sort of better understanding of life and has made me a better individual. After a hard day's work at the ICU, when I come home, I feel contented that I made a difference in someone's life," he says.

On managing personal and professional life, Dr. Raghunath says, "We stick to basics, do it right and also keep ourselves updated. On personal front, as a son, a husband and a father of two, I make sure that my family is educated on COVID. My family understands the immense commitment I need to give to my profession especially during these difficult times and they support me in every way." Many theories regarding Coronavirus are speculative. "It's been my personal experience that COVID positive patients develop hyper immunity status, which in turn disturbs the interleukins, and cause other chemical imbalances in the body leading to complications. So every case presents itself differently and is a challenge in itself," he reveals.

"Google doctors do not realise the fact that one has to be a trained medical professional to understand the intricacies of a particular disorder. Unless you trust your doctor, the treatment outcome will be grossly compromised. Sadly, our profession has now been reduced to a business undertaking filled with legalities and constraints. People demand guarantees from doctors and put us under pressure."

A doctor must give patient confidence about treatment

Dr. Shilpa Santhrupth, Medical Director, Siri Caree IVF Centre, Gopala Gowda Shanthaveri Memorial Hospital

Every day is a Doctor's Day for me if I am able to bring a smile on at least one of my patient's face," says Dr. Shilpa, who is also a Trustee of International Institute for Assisted Reproductive Technology and Research Centre.

"Though I give my 100 percent, many a times results will not be favourable. Despite explaining pros and cons of any treatment, patients want guaranteed results. People must understand that doctors are ordinary human beings putting their best efforts to do an extraordinary job," she says.

"My family was behind me choosing this profession and I became the first doctor in my family. Moreover, being a fertility specialist I make a difference in people's lives as I have got the opportunity to make numerous childless couples parents," she proudly says. On managing her personal and professional life, Dr. Shilpa says that her husband Dr. Santhrupth, being a doctor himself, understands the complexity of her profession. My daughters are used to my odd-hour work. My professional needs will definitely outweigh my personal ones," Dr. Shilpa says.

On many COVID theories emerging, Dr. Shilpa feels that a doctor should establish a good rapport with the patient, educate them with authentic and recent information about the disease and show openness in explaining the condition of a patient. "Please do not Google and take self-medication. Many times, Internet contents are written by people who have limited or vague knowledge. Trust your doctor as he/she knows what is best for you," she concludes.

I take a shower and then meet my baby

Dr. D. Sinchana, General Consultant, Annapoorna Eye Hospital

Thirty-one-year-old Dr. D. Sinchana has two years of experience. She is married to Dr. S.R. Divakar, Assistant Professor in Anaesthesia, Mandya Institute of Medical Sciences. They have a two-year-old child.

Why did you choose medical field, ophthalmology in particular?

Dr. Sinchana: Since childhood, my parents used to tell me about the nobility quotient of medical profession. Even my brother is a doctor. I liked Ophthalmology from day one and I used to top in this subject.

How do you balance professional and personal life, especially during COVID?

Dr. Sinchana: Actually, I did not visit the hospital during lockdown. But eventually did. I have a baby and aged people at home and to avoid risk I had taken leave. We use PPEs at hospital and machines are sanitised after each patient is screened. After going home, I leave my slippers outside and directly go to the bathroom, take a shower and then go to my baby. This is followed by my husband too.

How important is it to shield eyes?

People think that one gets COVID-infected only through cough but many do not know that even through eyes, one can get infected. Even many doctors neglect eye protection. People must avoid touching eyes without clean hands. In many countries, more ophthalmologists have been infected because we go very close to patients while screening. Ophthalmologists too should wear PPEs and face shields.

THANK YOU!

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ಪಿ/8ಡಿ, ಸರಸ್ವತಿಪುರಂ-ತೋಣಚಿಕೊಪ್ಪಲ್ ರಸ್ತೆ, ಸರಸ್ವತಿಪುರಂ, ಮೈಸೂರು-09
0821-4266661/ 62, M : 9108028661 Web : www.sigmahospital.in
ಮೂತ್ರರೋಗ ವಿಭಾಗ : ಮೂತ್ರ ರೋಗಕ್ಕೆ ಲಂಬ್ಯ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ. | ಮಕ್ಕಳ ಮೂತ್ರರೋಗ ಚಿಕಿತ್ಸೆ, ಮೂತ್ರನಾಳದ ಕಲ್ಲು ಮತ್ತು ಗೆಡ್ಡೆಗೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ | ಮೂತ್ರ ನಾಳ ಮತ್ತು ಸಲಕೆಯ ಕಲ್ಲುಗಳಿಗೆ ಶಸ್ತ್ರ ಚಿಕಿತ್ಸೆಯಿಲ್ಲದೆ ಚಿಕಿತ್ಸೆ URS,RIRS | ಮೂತ್ರ ಗ್ರಂಥಿ ಸ್ಕ್ಯೂರಣೆ ಚಿಕಿತ್ಸೆ | TURP, TURBT
ನೆಫ್ರೋಲಜಿ ವಿಭಾಗ : ಮೂತ್ರನಾಳದ ಸೋಂಕಿತೆ | ಎಮೋಡಯಾಲಿಸಿಸ್, ಪೆರಿಟೋನಿಯಲ್ ಡಯಾಲಿಸಿಸ್, ಆ್ಯಕ್ಸೆಸ್ ಚಿಕಿತ್ಸೆ,
ಸಾಮಾನ್ಯ ಮತ್ತು ಲ್ಯಾಪರೊಸ್ಕೋಪಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ವಿಭಾಗ : ಹರ್ನಿಯಾ, ಜಠರ, ಪಿತ್ತಕೋಶ, ಮೇದೋಜೀರಕ ಗ್ರಂಥಿ, ಪಚ್ಚೆಸ್ (ಲಿವರ್) ಇವುಗಳ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯಿಂದ ಆಗುವ ಗೆಡ್ಡಗೆ ಲಂಬ್ಯ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ. | ಸೂಕ್ಷ್ಮ ದರ್ಶಕದಿಂದ ಅನ್ನನಾಳ, ಜಠರದ ಹುಣ್ಣುಗಳ ಪರೀಕ್ಷೆ
ಪ್ರಸೂತಿ ಮತ್ತು ಸ್ತ್ರೀರೋಗ ಚಿಕಿತ್ಸೆ : ಪ್ರಸವ ಪೂರ್ವ ಮತ್ತು ನಂತರದ ಸಲಹೆ, ತಪಾಸಣೆ ಮತ್ತು ಪ್ರಸೂತಿ ಸರ್ಜರಿಗೋಸ್ಕರ ಕ್ಯಾನ್ಸರ್ ಗೆಡ್ಡೆಗಳಿಗೆ ಆಧುನಿಕ ರಂಧ್ರ (LAP) ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ | ಬಂಜೆತನ ನಿವಾರಣೆ ಚಿಕಿತ್ಸೆ
ಮಕ್ಕಳ ಹಾಗೂ ನವಜಾತ ಶಿಶು ವಿಭಾಗ : ಮಕ್ಕಳ ಹಾಗೂ ನವಜಾತ ಶಿಶುಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಲಸಿಕೆ | ನವಜಾತ ಶಿಶು ಹಾಗೂ ಮಕ್ಕಳಿಗೆ ತೀವ್ರ ನಿಘಾ ಘಟಕದಲ್ಲಿ ಶುಶ್ರೂ ಚಿಕಿತ್ಸೆ | ಮಕ್ಕಳ ಸಾಂಕ್ರಾಮಿಕ ರೋಗ ಮತ್ತು ಅಲರ್ಜಿಗಳಿಗೆ ಚಿಕಿತ್ಸೆ
ಮೂಳೆ ರೋಗ ವಿಭಾಗ : ಕರು ಮಣಿಬಂಧಣಾ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ | ಹಾರಿದ ಮೂಳೆಗಳ ಮುರಿತಕ್ಕೆ ಮತ್ತು ಬರುಕುಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ಮೆದ್ದು ಮೂಳೆಯ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ | ಮೂಳೆ ದರ್ಶಕದ ಚಿಕಿತ್ಸೆ | ಅವಘಾತ ಮೂಳೆಗಳ ಅಳವಿಕೆ | ಮೂಳೆಯ ಸಾಂದ್ರತೆ ಚಿಕಿತ್ಸೆ
ಫಿಸಿಯೋಥೆರಪಿ ಸೌಲಭ್ಯ : ಮಂಡಿ, ಹಿತ್ತಿಗೆ, ಸೊಂಟ ನೋವುಗಳಿಗೆ ಫಿಸಿಯೋಥೆರಪಿ ಚಿಕಿತ್ಸೆ, ಸ್ಪಾಯು,ನರಗಳ ವ್ಯಾಯಾಮ ತರಬೇತಿ
ನರರೋಗ ವಿಭಾಗ : ಪಾರ್ಶ್ವವಾಯು, ಮೂರ್ಛೆರೋಗ, ತಲೆನೋವು, ಹಿತ್ತಿಗೆನೋವು, ಬೆನ್ನು ನೋವು | ಮೆದುಳು ಗೆಡ್ಡೆಗಳು, ರಕ್ತ ಹೆಪ್ಪುಗಟ್ಟುವಿಕೆ ಹಾಗೂ ಗಾಯಗಳು, ಬೆನ್ನು ಹುರಿಯ ಗಾಯಗಳು | ನರ ದೌರ್ಬಲ್ಯ , ಹಾರ್ಮೋನ್‌ಗಳ ಅಯೋಲೆ (ಥೈರಾಕ್ಸ್)
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